

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Weekly Drop in Programs				
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 9:00 a.m. Beg. Spanish 10:00 Zumba Gold 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair 4:00 p.m. Nia	9:00 a.m. Aerobics 9:00 a.m. Int. Spanish 9:30 a.m. Bridge Lesson 10:30 a.m. Muscle Cond. 10:30 a.m. Int. Spanish 1:00 p.m. Bingo 1:00 p.m. 3D Open Studio 1:30 p.m. Swing Band	9:00 a.m. Pool Cues 9:00 a.m. Chamber Ensemble 9:30 a.m. 2D Open Studio	9:00 a.m. Knitting 10:00 a.m. Beg. Tai Chi 10:30 a.m. Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:30 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Aerobics 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Muscle Cond. 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
2 10-12...Theatre Workshop 11:45.....Lunch Ch eese Lasagna w/ meatball or Breaded chicken patty 12:45.....Beyond Balance 1:00.....Low Vision Support	3 11:45.....Lunch Roast pork w/ Apricot Glaze or Tuna salad sandwich 12:15....Tiger’s Loft Lunch 1:00..... Solocho 5:30..... Veteran’s Center	4 10:45.....Beyond Balance 11:45.....Lunch Chicken Creole or Ham & Swiss Cheese sandwich 1..Movie: <i>Ida</i> 1-2....Brain Wellness Series	5 11:45.....Lunch Beef Stroganoff or Turkey & Swiss cheese sandwich 12:30.....Ceramics	6 10:30-11:30...Health Clinic 11:45.....Lunch Sweet potato pollock fillet w/ cream sauce or Vegetarian chef salad 11:45...Nutrition Presentation (during lunch)
9 10-12....Theatre Workshop 11:45.....Lunch Spinach & red pepper frittata or Roast beef sandwich 12:00.....Dialogue with the Director 12:45.....Beyond Balance	10 11-1.....Hearing Screening 11:45.....Lunch Lentil stew or Curry chicken salad sandwich	11 10:45.....Beyond Balance 11:45.....Lunch American Chop Suey or Seafood salad sandwich 1-2....Brain Wellness Series	12 9:30..Men’s Club @Johnny’s 11:45.....Lunch Baked chicken w/ gravy or Mediterranean tortellini salad 12:30.....Ceramics	13 10:30-11:30...Health Clinic 11:45.....Lunch Salmon fillet w/ dill sauce or Egg salad sandwich
16 10-12..Theatre Workshop 11:45.....Lunch Chicken w/ Italian cream sauce or Ham & Swiss cheese sandwich 12:45.....Beyond Balance 2:30-4:30.....iPad level 1	17 11:45.....Lunch <i>March special</i> Corned beef stew w/ cabbage, turnips, sliced carrots & onions; Boiled potatoes w/ parsley; Golden biscuit Or Turkey & Cheese sandwich Birthday Celebration	18 10.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch Sweet potato pollock fillet w/ lemon sauce or BBQ chicken sandwich 1..Movie: <i>A Most Wanted Man</i> 1-2....Brain Wellness Series	19 10:30.....Medication Safety Presentation 11:45.....Lunch Chicken meatball sub or Egg salad sandwich 12:30.....Ceramics	20 10.....Book Club 10:30-11:30....Health Clinic 11:45.....Lunch Macaroni & cheese or Seafood salad sandwich
23 10-12....Theatre Workshop 10:30.....Parkinson’s Support 11:45.....Lunch Beef stuffed pepper casserole or Turkey deluxe sandwich 12:45.....Beyond Balance	24 11:45.....Lunch Cranberry chicken or Roast beef sandwich 6:30PACT Dinner and a Movie: <i>Pride</i>	25 10:45.....Beyond Balance 11:45.....Lunch Roast turkey w/ chicken gravy or Chef salad 1-2....Brain Wellness Series	26 10Men’s Club@ Center 10:30Short Story Discussion 11:45.....Lunch Seafood Alfredo over pasta or Chicken salad sandwich 12:30.....Ceramics	27 9.....Alderman Norton 10:30-11:30...Health Clinic 11:45.....Lunch Stuffed shells w/ tomato sauce or Tuna salad sandwich
30 10-12...Theatre Workshop 11:45.....Lunch Chicken Lo Mein or Seafood salad sandwich 12:45.....Beyond Balance	31 11:45.....Lunch Meatballs w/ beef gravy or Turkey Deluxe sandwich	1 10:45.....Beyond Balance 11:45.....Lunch Hot dog on roll or Curry Chicken salad sandwich 1..Movie: <i>The Butler</i> 1-2....Brain Wellness Series	2 11:45.....Lunch Lentil stew or Roast beef sandwich 12:30.....Ceramics	3 10:30-11:30...Health Clinic 11:45.....Lunch Fish or Egg salad sandwich
6 11:45.....Lunch Roast turkey w/ gravy or Tuna salad sandwich 12:45...Beyond Balance 1:00...Low Vision Support 2:30-4:30.....iPad level 1	7 11:45.....Lunch Fish Florentine or Chicken Pesto Caesar Salad 12:15....Tiger’s Loft Lunch 5:30..... Veteran’s Center	8 10:45.....Beyond Balance 11:45.....Lunch Stuffed breaded chicken or Egg salad sandwich 1.....Movie: <i>Magic in the Moonlight</i> 1-2....Brain Wellness Series	9 9:30...Men’s Club @Johnny’s 11:45.....Lunch Italian pot roast or Seafood salad sandwich 12:30.....Ceramics	10 10:30-11:30....Health Clinic 11:45.....Lunch Spinach & red pepper frittata or Roast beef sandwich
13 11:45.....Lunch Beef stuffed pepper casserole or BBQ chicken sandwich 12:45...Beyond Balance	14 11-1.....Hearing Screening 11:45.....Lunch Macaroni & Cheese or Roast Beef sandwich	15 10.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch Cheese Lasagna w/ meat sauce or Egg Salad Sandwich 1..Movie: <i>Love is Strange</i> 1-2....Brain Wellness Series	16 11:45.....Lunch Salmon Filet w/teriyaki sauce or Ham Chef salad 12:30.....Ceramics	17 10:30-11:30....Health Clinic 10.....Book Club 11:45.....Lunch Chicken Marsala or Caesar salad 12:00.....Dialogue with the Director
20 CENTER IS CLOSED TODAY FOR PATIRIOTS DAY	21 11:45.....Lunch American Chop Suey or Egg salad sandwich Birthday Celebration	22 10:45.....Beyond Balance 11:45.....Lunch Fish Sticks or Vegetarian Chef salad 1-2....Brain Wellness Series	23 10Men’s Club@ Center 11:45.....Lunch Roast pork or Seafood salad sandwich 12:30.....Ceramics	24 9.....Alderman Norton 11:45.....Lunch Veggie Burger or Turkey & Swiss sandwich
27 10:30.....Parkinson’s Support 11:45.....Lunch Chicken Paprika or Tuna salad sandwich 12:45....Beyond Balance	28 11:45.....Lunch Beef stew or Turkey & cheese sandwich 6:30.....PACT Event TBA	29 10:45.....Beyond Balance 11:45.....Lunch Broccoli-Mushroom frittata or Roast beef sandwich	30 10:30.....Short Story Discussion 11:45.....Lunch Roast turkey w/ chicken gravy or Caesar salad 12:30.....Ceramics	MARCH APRIL 2015